# PTC 2011-02-08

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- Use the -5 shift for New York pivots.
- Once ICT gets in a trade at London open he gives it 20-30 minutes and if it goes in his favor he goes to sleep and lets it pan out.
- If it is going to stop him out he will stay up for the London session and see if he gets another trade of he will just go to sleep.
- Once you can spot trades really in hindsight you will be able to spot them in the future. Just get some chart time in.
- It's not about how many pips or how much money you are making, it is all about how you are moving towards consistency.
- Daily, 4 hour, and 1 hour market flow are the best ways to determine where we are going to be going for a specific day.
- If the 4 hour is in agreement with the 1 hour or the daily, then the chances are pretty good that that could be the direction for the day. Not all 3 have to line up, but if the daily and the 1 hour are in agreement and the 4 hour is not you should probably stay out of the market. In this case you can go in the direction of the 4 hour market flow, but stronger trades have another time frame agreeing out of the 3.
- Try to always trade in the direction of the 4 hour market flow. Add pivots to the mix with market flow as well.